



Waterton-Glacier International Peace Park

DESIGNATED IN 1932 BY CANADA AND THE UNITED STATES AS THE WORLD'S first international peace park, Waterton-Glacier International Peace Park commemorates the friendship and goodwill between nations. With a common 19 mile boundary, the two parks cooperate in many ways to solve common issues and problems.

Waterton Lakes, established in 1895, and Glacier, established in 1910, are administered by their respective park systems. In 1995, the parks were jointly designated as Waterton-Glacier International Peace Park World Heritage Site.

HOW TO GET HERE

Waterton-Glacier International Peace Park straddles the border between the United States and Canada in northwestern Montana and southwestern Alberta.

Visitors traveling to Glacier National Park by car approach from the east via U.S. Highways 2 and 89. U.S. Highway 2 is also the primary access route from the west. In Canada, Alberta Highways 5 and 6 provide direct access to Waterton Lakes National Park, while Alberta Highway 2 continues across the international border providing access to the east side of Glacier National Park.


Amtrak stops year-round at West Glacier (no baggage service), East Glacier (seasonally), and Essex. Check schedules and times with Amtrak or your travel agent.

The nearest airports in Montana are in Kalispell, Missoula, and Great Falls. In Canada, Calgary and Lethbridge, Alberta, are the closest airports. A shuttle from the Kalispell airport to Apgar and Lake McDonald is available. Guided tours, shuttle services, and limited public transportation are available in the major areas within Glacier National Park. Rental cars are available at airports and in some towns surrounding the park.

WHEN TO VISIT

Visitation to the park, like many mountain parks in the west, follows seasonal weather patterns. Visitation is highest during the months of June, July, August, and September.

Many visitors have the mistaken idea that when the section of the Going-to-the-Sun Road over Logan Pass closes, the park is closed as well. While most facilities are only open during the summer months, people are finding the "off-season" (fall, winter, and spring) a rewarding time to visit. Prior to an "off-season" visit, please contact the park to check the status of facility and road closures.



Glacier National Park
West Glacier, MT 59936
406-888-7800

Visit both parks on the World Wide Web. Glacier National Park at www.nps.gov/glac/home.htm
or Waterton Lakes National Parks at www.parks.alberta.gc.ca/parks/alberta/waterton_lakes/

Where to Stay

Lodging

Various accommodations are available within the park. Visitors may choose from rooms in historic grand hotels dating back to the early 1900's, modern motel-type accommodations, rustic cabins, or back-country chalets.

Lodges start to open in late May and some remain open until late-September. Reservations are encouraged! Accommodations fill early, especially for the peak months of July and August.

For lodging and campground accommodations outside the park, request a copy of "Services Adjacent to the Park."

RESERVATIONS INFORMATION

The Village Inn, Lake McDonald Lodge, Rising Sun Motor Inn, Swiftcurrent Motor Inn, and the Many Glacier Hotel are operated by Glacier Park, Inc.

For information and reservations:
**Glacier Park, Inc., P.O. Box 2025
Columbia Falls, MT 59912,
(406) 892-2525
www.glacierparkinc.com**

For reservations at the Apgar Village Lodge:
**Apgar Village Lodge, P.O. Box 398
West Glacier, MT 59936
(406) 888-5484
www.westglacier.com**

Granite Park Chalet, accessible by trail only, operates as a hikers shelter from July through mid-September. Guests provide sleeping bag, water, food, and cooking utensils. Optional linen service is available.
**Granite Park Chalet
c/o Glacier Wilderness Guides, Inc.,
P.O. Box 330-PS, West Glacier, MT
59936, (406) 387-5555 or (800) 521-7238**
Reservations are required.
www.glacierguides.com

Sperry Chalet, a rustic backcountry chalet, is accessible by trail only. Operates from July through mid-September. Services include overnight accommodations and food services.
**Sperry Chalet, c/o Belton Chalets, Inc.,
P.O. 188, West Glacier, MT 59936
(888) 345-2649**
Reservations are required.
www.ptinet.net/sperrychalet

Campgrounds

Camping is permitted only in designated campgrounds. All campgrounds, except Fish Creek and St. Mary (see chart), are available on a “first-come, first-served” basis. Regulations are posted at each campground. Utility hookups are not provided. Ten group sites at Apgar, and one each at Many Glacier, and Two Medicine campgrounds accommodate parties of 9-24 people. The fee is \$3.00 per person, per night. At St. Mary, one group site is available and may be reserved.

CAMPFIRES

Campfires are permitted only in designated campgrounds and picnic areas where grates are provided. Collecting

firewood is prohibited except along the Inside North Fork Road from one mile north of Fish Creek Campground to Kintla Lake, along the Bowman Lake Road, and around backcountry campgrounds that permit fires.

HIKER-BIKER CAMPSITES

Campsites are available for bicyclists and hikers (see chart). These shared sites hold up to eight people. The fee is \$3.00 per person. Sites at Fish Creek and St. Mary may be reserved and have an additional reservation fee.



Mid-July at Logan Pass below Mt. Reynolds

Campground Information						
Estimated Dates	Fee	Sites	Flush Toilets	Disposal Station	Hiker Biker	Maximum Vehicle Size and Additional Information
Apgar May - early Sept.	\$15.00	192	Yes	Yes	Yes	25 sites will fit a maximum vehicle, or vehicle combination, length of 40'; primitive camping after listed dates
Avalanche June - early Sept.	\$15.00	87	Yes	Yes	Yes	50 sites will fit a maximum vehicle, or vehicle combination, length of 26'
Bowman Lake mid May - mid Sept.	\$12.00	48				Campground accessible by dirt road, large units not recommended, primitive camping after the listed dates
Cut Bank June - Sept.	\$12.00	19				Campground accessible by dirt road, large units not recommended
Fish Creek June - early Sept.	\$17.00	180	Yes	Yes	Yes	80 sites will fit a maximum vehicle, or vehicle combination, length of 27', 18 of those will accommodate up to 35'
Kintla Lake mid May - mid Sept.	\$12.00	13				Campground accessible by dirt road, large units not recommended, primitive camping after the listed dates
Logging Creek July - early Sept.	\$12.00	8				Campground accessible by dirt road, large units not recommended, primitive camping after the listed dates
Many Glacier late May - Sept.	\$15.00	110	Yes	Yes	Yes	13 sites will fit a maximum vehicle, or vehicle combination, length of 35'; primitive camping after listed dates
Quartz Creek July - early Sept.	\$12.00	7				Campground accessible by dirt road, large units not recommended, primitive camping after the listed dates
Rising Sun late May - mid Sept.	\$15.00	83	Yes	Yes	Yes	No towed units - 10 sites large enough to accommodate a maximum vehicle length of 25'
Sprague Creek mid May - Sept.	\$15.00	25	Yes		Yes	No towed units - some sites large enough to accommodate a maximum vehicle length of 21'
St. Mary late May - Sept.	\$17.00	148	Yes	Yes	Yes	25 sites will fit a maximum vehicle, or vehicle combination, length of 35'; primitive camping after listed dates
Two Medicine late May - Sept.	\$15.00	99	Yes	Yes	Yes	13 sites will fit a maximum vehicle, or vehicle combination, length of 32'; primitive camping after listed dates
Fish Creek and St. Mary Campgrounds are reservable through the National Park Service Reservation System. Call 1-800-365-CAMP or visit reservations.nps.gov for reservation information. Camping is permitted only in designated campgrounds.						

Additional Services and Information

Restaurants

Food service is available at: Eddie's Restaurant in Apgar • Russells Fireside Dining Room and Charlie's Family Restaurant & Pizzaria at Lake McDonald • Ptarmigan Dining Room and the Italian Garden Ristorante in the Many Glacier Valley • Two Dog Flats Grill at Rising Sun • Snack Bar at Two Medicine Campstore.

Campstores and Gift Shops

Groceries and gifts are available at: Eddie's Campstore, The Cedar Tree, Schoolhouse Gifts, and the Montana House of Gifts at Apgar • Lake McDonald Lodge Gift Shop and Campstore at Lake McDonald • Many Glacier Hotel Gift Shop and Swiftcurrent Campstore in the Many Glacier Valley • Rising Sun Campstore at Rising Sun • Two Medicine Campstore at Two Medicine.

Cash Machines

Automatic Teller Machines (ATMs) are available at several locations in the park.

Backcountry Guides

Glacier Wilderness Guides has exclusive rights to offer guided day hikes and backpacking trips into the backcountry. For information contact: **Glacier Wilderness Guides, Inc., Box 330, West Glacier, MT 59936
(406) 387-5555 or (800) 521-7238
www.glacierguides.com**

Boat Trips & Rentals

Narrated boat cruises are offered at Lake McDonald, Many Glacier, Rising Sun, and Two Medicine. Optional free guided hikes are offered on some trips. Boat and canoe rentals are also available. For information contact: **Glacier Park Boat Company, P.O. Box 5262, Kalispell, MT 59903
(406) 257-2426
www.montanaweb.com/gpboats**

Guided Bus Tours and Shuttles

Narrated tours and shuttle services are offered by Glacier Park Inc. For reservations and information contact: **Glacier Park, Inc., P.O. Box 2025
Columbia Falls, MT 59912
(406) 892-2525
www.glacierparkinc.com**

Sun Tours offers interpretive tours from late May to mid-October. Tours highlight Blackfeet culture and history relating to Glacier National Park's natural features. Tours begin from St. Mary, East Glacier, and Browning. For reservation information, contact: **Sun Tours, P. O. Box 234
East Glacier, MT 59434
(800) 786-9220 or (406) 226-9220**

Horseback Rides

Horseback rides are provided by Mule Shoe Outfitters at the following locations: Lake McDonald Lodge, and Many Glacier Hotel. For information contact: Summer address & phone **Mule Shoe Outfitters, LLC, P.O. Box 322
West Glacier, MT 59936
(406) 732-4203** Winter address & phone **P.O. Box 1108, Wickenburg, AZ 88358
(888) 684-2338 or (928) 684-2328
www.muleshoe.com**

Additional services are available in Babb, East Glacier, Essex, Polebridge, St. Mary, West Glacier, and along U. S. Highway 2.

Plan Your Visit

Hiking

Over half of the visitors to Glacier report taking a hike. That’s a lot of hikers, but over 700 miles of trail provide many outstanding opportunities for short hikes, strenuous day hikes, or extended back-packing trips.

Glacier has six self-guided nature trails for those wishing a short walk to explore the park on their own.

Good day hikes are plentiful, and free maps to popular trails are available in the park newspaper. Visitor center bookstores carry a complete line of trail guides, topographic maps, and field guides to aid the hiker. Publications are also available by

mail. Call the Glacier Natural History Association at (406) 888-5756 to request a catalog or place an order.

BACKCOUNTRY CAMPING
Hikers planning to camp overnight in Glacier’s backcountry must obtain a back-country use permit. Some backcountry permits may be reserved in advance. For information on obtaining a backcountry reservation, check our website at: www.nps.gov/glac/activities/bcguide1.htm or you may write or call: **Backcountry Permits, Glacier National Park, West Glacier, Montana 59936 (406) 888-7800**



Hiking in Glacier's spectacular backcountry

Biking

Bicyclists are responsible for complying with all traffic regulations and must ride under control at all times. Keep to the right side of the road, riding in single file and pull over if four or more vehicles stack up behind you. During periods of low visibility, or between sunset and sunrise, a white light or reflector visible from a distance of at least 500 feet in front and a red light or reflector visible from at least 200 feet to the rear must be exhibited on the operator or bicycle. The more visible you are, the safer you will be! Bicycles are prohibited on all trails. Watch for falling rocks, drainage grates, debris, and ice on the road. Helmets are recommended.

From June 15 through Labor Day, the following sections of the Going-to-the-Sun Road are closed to bicycle use between 11 a.m. and 4 p.m.:

- From Apgar turnoff (at the south end of Lake McDonald) to Sprague Creek Campground.
- Eastbound from Logan Creek to Logan Pass.

Allow 45 minutes to ride from Sprague Creek to Logan Creek and three hours from Logan Creek to Logan Pass. **Roads are narrow; please ride safely.**

Driving

Park roads offer access to some of the most spectacular mountain scenery in the world. Take time to enjoy the views. If more than four vehicles stack up behind you, please use a pullout to let them pass safely. Be aware of wildlife along the roads, especially at dusk or at night. Animals often dart out in front of vehicles. Please watch for and give the right of way to children and pedestrians. Obey the posted speed limit at all times.

GOING-TO-THE-SUN ROAD
A trip over the Going-to-the-Sun Road is a memorable experience. Completed in 1932, this 52-mile road combines both history and unparalleled scenery. It bisects the heart of Glacier, and its construction made accessible the remote backcountry of the park to everyone. While portions of this scenic route remain open year-round, the higher sections are generally open in late May or June, and close sometime in late October.

VISITING LOGAN PASS
A drive over Logan Pass is spectacular. The Going-to-the-Sun Road provides access for vast numbers of people who otherwise would not be able to enjoy this beautiful, yet fragile, section of the park. However, with increased visitation it becomes more difficult every year to accommodate the growing number of park visitors. Frequently, in July and August, the parking lot at Logan Pass fills beyond capacity and visitors are forced to drive on without stopping. To avoid the crowds, plan on visiting Logan Pass early in the day or late in the afternoon.

ROAD CONSTRUCTION
Due to the long snowy winters and late spring thaw, road work can only be accomplished in the summer. Expect some short delays.

Vehicle Restrictions

To help reduce congestion, vehicle size restrictions are in effect. Vehicles, and vehicle combinations, longer than 21 feet (including bumpers) or wider than 8 feet (including mirrors), are prohibited between Avalanche Campground and the Sun Point parking area.

Vehicle and vehicle combinations over 10 feet in height may have difficulty driving west from Logan Pass to the Loop, due to rock overhangs. Stock trucks and trailers are able to access Packers Roost and Siyeh Bend.

Shuttles and tours are available from the companies listed on page 2.

Naturalist Programs

Several times daily, in locations around the park, rangers guide easy strolls, short half-day hikes, or vigorous all-day hikes. Each evening, at major campgrounds, the campfire circle is the place to meet for programs on a host of other topics to help visitors learn about and enjoy their park. Also, illustrated slide programs are offered nightly at Fish Creek Campground Amphitheater, St. Mary Visitor Center, Lake McDonald Lodge, and Many Glacier Hotel.

The *Glacier Explorer*, available throughout the park, provides a complete listing of ranger-led activities offered.



Boarding the DeSmet at Lake McDonald Lodge



Driving on the Going-to-the-Sun Road

Raft Trips

Many local rafting companies offer trips on the Middle and North Forks of the Flathead River, immediately adjacent to the park. For information contact the following companies:

- Glacier Raft Company, P.O. Box 210**
West Glacier, MT 59936
(406) 888-5454 or (800) 235-6781
www.glacieraftco.com

Great Northern Whitewater, P.O. Box 278
West Glacier, MT 59936
(406) 387-5340 or (800) 735-7897
www.gnwhitewater.com

Montana Raft Company, P.O. Box 330
West Glacier, MT 59936
(406) 387-5555 or (800) 521-RAFT
www.glacierguides.com

Wild River Adventures, P.O. Box 272
West Glacier, MT 59936
(406) 387-9453 or (800) 700-7056
www.riverwild.com

Entrance Fees

Glacier National Park
National Parks Pass \$50.00
Valid at all U.S. National Parks with entrance fees for 1 year from month of purchase. For an additional \$15, a Golden Eagle sticker may be purchased to make the National Parks Pass valid at all Federal entrance fee areas.
Golden Age Passport \$10.00
Lifetime pass, available to U.S. citizens 62 years old and over, valid at all Federal fee areas.
Glacier National Park Pass \$20.00
Valid at Glacier National Park only, for 1 year from month of purchase.
Private Passenger Vehicle \$10.00
Valid at Glacier National Park for 7 days.
Single Person Entry \$5.00
Valid for entry into Glacier National Park (by foot, bicycle, motorcycle, or as a member of an organized, non-commercial group) for 7 days.

Commercial Tour Vehicle Fees

Based on vehicle seating capacity:
1-6 seats \$25.00 plus \$5.00 per person
7-15 seats \$75.00
16-25 seats \$100.00
26 or more seats \$200.00
Established concessioners have exclusive rights to provide transportation on some park roads. Call, or write, the park for specific information before arrival.

Be sure to retain your receipt for re-entry into Glacier National Park.

There is no single fee that covers entrance into both parks. Glacier National Park and Waterton Lakes National Park charge separate entrance fees.

Waterton Lakes National Park

Type	Daily	Waterton Annual	National Parks* Annual
Adult	\$5.00	\$30.00	\$38.00
Senior	\$4.00	\$22.00	\$29.00
Youth	\$2.50		\$19.00
Children under 6 are free			
Family Group	\$10.00	\$55.00	\$75.00
Senior Group	\$8.00	\$42.00	\$56.00

Large Groups (in same vehicle) The fee is \$3 per person. If a large group is made up of over 50% children, the fee is \$1.50 per person.

*Valid in 27 of Canada’ National Parks. All annual passes are valid for twelve months from the month of purchase. Fees are listed in Canadian funds and are subject to change.

Plan Your Visit

Boating

Motorized watercraft are permitted on Lake McDonald, Waterton, Sherburne, St. Mary, Bowman, and Two Medicine Lakes. Bowman and Two Medicine Lakes are limited to ten horsepower or less.

To protect nesting Harlequin Ducks, the section of Upper McDonald Creek between Mineral Creek and Lake McDonald is closed to boating and floating.

One U.S. Coast Guard approved, wearable, personal floatation device, of the appropriate size for the intended user, must be carried on board. Personal watercraft (jet skis) are prohibited on all park waters.

Fishing

Fishing in Glacier National Park does not require a license, but there are regulations governing fishing that need to be followed. The general park fishing season is from the third Saturday in May to November 30. Several park streams are either closed to fishing or are catch-and-release only. Stop at a visitor center to obtain a copy of the current regulations.

Fishing from mid-channel to the west bank of the North Fork of the Flathead and all of the Middle Fork of the Flathead requires a Montana fishing license. The Blackfeet Reservation, just east of the park, requires their own fishing permit.

Wildlife Viewing

All animals can present a very real and painful threat, especially females with young. Enjoy wildlife from the safety of your car or from a safe distance. You know you are too close if the animal detects your presence and moves, or if it appears disturbed. Feeding, harassing, or molesting wildlife is strictly prohibited and subject to fine.

Maintain a safe distance for yourself and the animal at all times. Always photograph wildlife with a telephoto lens (400mm or longer).

Photography

Special regulations govern commercial photography and filming. In Glacier, a commercial photography permit is required if photography is for advertising a product or service; uses models, sets, or props; creates a disruption to visitors; or may damage park resources.

In Glacier, obtain permits and further information on commercial photography by calling (406) 888-7800.

In Waterton Lakes National Park, commercial photographers need to contact the Superintendent’s Office for information at 403-859-2224.



Mt. Gould towers over Swiftcurrent Lake



Glacier has over 700 miles of trails to explore



Alpenglow in the high country

Weather

Waterton-Glacier's summer weather is as varied as its landscape. The western valleys generally receive the most rainfall, but daytime temperatures can exceed 90 degrees F. It is frequently 10 to 15 degrees cooler at higher elevations, like Logan Pass. Strong winds and sunny days often predominate on the east side of the park. Overnight lows throughout the park can drop to near 20 degrees F, and snow can fall anytime.

Prepare for a variety of weather conditions and pack accordingly. You may start the day in a T-shirt and shorts, and need a sweater or parka by evening. Dress in layers. Always bring raingear!

Weather Chart			
Month	Ave Rain	Ave High	Ave Low
May	2.69"	65 °F	38 °F
June	3.37"	71 °F	44 °F
July	1.92"	79 °F	48 °F
August	1.30"	79 °F	47 °F
Sept	1.68"	70 °F	39 °F
These are 15 year weather averages from West Glacier, MT.			

What About Bears?

Hiking in Bear Country

Don't Surprise Bears! Bears will usually move out of the way if they hear people approaching, so make noise. Most bells are not enough. Calling out and clapping hands loudly at regular intervals are better ways to make your presence known. Hiking quietly endangers you, the bear, and other hikers.

A bear constantly surprised by quiet hikers may become habituated to close human contact and less likely to avoid people. This sets up a dangerous situation for both visitors and bears.



Grizzly bear

Don't Make Assumptions! You can't predict when and where bears might be encountered. Don't assume you don't have to make noise on a well-used trail. Some of the most frequently used trails in the park are surrounded by excellent bear habitat. People have been charged and injured by bears fleeing from silent hikers who surprised them along the trail. Even if other hikers haven't seen bears recently, don't assume that bears aren't there.

Don't assume a bear's hearing is any better than your own. Some trail conditions make it hard for bears to see, hear, or smell approaching hikers. Be particularly careful by streams, against the wind, or in dense vegetation. A blind corner or a rise in the trail also requires special attention.

Don't Approach Bears! Bears spend a lot of time eating, so avoid hiking in obvious feeding areas like berry patches, cow parsnip thickets, or fields of glacier lilies. Keep children close by. Hike in groups and avoid hiking early in the morning, late in the day, or after dark.

Never intentionally get close to a bear. Individual bears have their own personal space requirements which vary depending on their mood. Each will react differently and its behavior can't be predicted. All bears are dangerous and should be respected equally.

If You Encounter a Bear

What do you do if you run into a bear? There is no easy answer. Like people, bears react differently to each situation. The best thing you can do is to follow all the suggestions for hiking and camping in bear country. Avoid encounters by being alert and making noise.

Bears may appear tolerant of people and then attack without warning. A bear's body language can help determine its mood. In general, bears show agitation by swaying their heads, huffing, and clacking their teeth. Lowered head and laid-back ears also indicate aggression. Bears may stand on their hind legs or approach to get a better view, but these actions are not necessarily signs of aggression. The bear may not have identified you as a person and is unable to smell or hear you from a distance.

Most bear attacks are defensive reactions and occur because people surprise bears.

- Here are a few guidelines that may help.
- Talk quietly; the time to make loud noise is before you encounter a bear. Try to detour around the bear if possible.
 - Do not run! Back away slowly, but stop if it seems to agitate the bear.
 - Assume a nonthreatening posture. Turn sideways, or bend at the knees to appear smaller.
 - Use peripheral vision. Bears may interpret direct eye contact as threatening.

- Keep your pack on for protection in case of an attack.
- If a bear attacks and you have pepper spray, use it!
- If the bear makes contact, protect your chest and abdomen by falling to the ground on your stomach, or assuming a fetal position to reduce the severity of an attack. Cover the back of your neck with your hands. Do not move until you are certain the bear has left.

In rare cases predatory attacks may occur.

These encounters can be very serious because it often means the bear is looking for food and preying on you. If a bear stalks you and then attacks, or if a bear attacks at night, you need to react differently than in a defensive attack.

- Don't play dead! Try to escape, preferably to a building, car, or up a tree.
- If you cannot escape, or if the bear follows, use pepper spray, or shout and try to intimidate the bear with a branch or rock.
- Fight back! Do whatever it takes to let the bear know you are not easy prey.

Regulations and Safety

IMPORTANT PARK REGULATIONS

Regulations are designed to protect park resources and preserve the quality of your visit. Park rangers and wardens strictly enforce park regulations.

- Feeding or disturbing wildlife is against park regulations.
- Removal of any natural or cultural feature like flowers, rocks, artifacts, or antlers is prohibited.
- Picking of berries (including huckleberries) is limited to one quart per person.
- Picking of mushrooms is prohibited.
- Loaded firearms are not allowed in the park. Unloaded firearms may be transported in a vehicle if the weapon is cased, broken down or rendered inoperable, and kept out of sight.
- Open containers of alcohol in a motor vehicle are prohibited.
- Seat belts, or the appropriate child restraint system, must be worn by all occupants of motor vehicles.
- Camping is permitted in designated campgrounds only.

PETS

Pets are permitted in campgrounds, along roads, and in parking areas. Pets must be on a leash no longer than 6 feet, under physical restraint, or caged at all times. Pet owners must pick up after their pets and dispose of waste properly. Pets are not to be left unattended and are not permitted on trails, along lake shores, in the backcountry, or in any building.

GIARDIA

Giardiasis can be caused by a parasite (*Giardia lamblia*) found in park waters. Persistent, severe diarrhea, abdominal cramps, and nausea are the main symptoms. If you experience any symptoms, contact a physician. When hiking, carry water from one of the park’s treated water systems. When camping in the backcountry, follow recommendations received with your permit. The easiest effective treatments are either to boil water or use an approved water filter.

WATER HAZARDS

Swift, cold streams and rivers, moss-covered rocks, and slippery logs all present dangers. Children, boaters, rafters, swimmers, hikers, and fishermen have fallen victim to these rapid, frigid waters. Use extreme caution near water. Avoid wading in or fording swift-flowing streams, and never walk, play, or climb on slippery rocks and logs, especially near waterfalls.

When boating, don’t stand up or lean over the side, and always wear a lifejacket.

HYPOTHERMIA

Hypothermia, the “progressive physical collapse and reduced mental capacity resulting from the chilling of the inner core of the human body,” can occur even at temperatures above freezing. Sudden mountain storms can change a warm and pleasant hike into a drenching, bitterly cold and life-threatening experience. Temperatures can drop rapidly. People in poor physical shape or who are exhausted are particularly at risk.

PREVENTION

- Prevent hypothermia by wearing water resistant clothing before becoming wet.
- Wear clothing that wicks moisture away from the skin.
- Minimize wind exposure and if your clothes become wet, replace them.
- Avoid sweating by dressing in layers, rather than in a single bulky garment.
- Pack a sweater, warm hat, and raingear for any hike.

MOUNTAINOUS TERRAIN

Many accidents occur when people fall after stepping off trails or roadsides, or by venturing onto very steep slopes. Stay on designated trails and don’t go beyond protective fencing or guard rails. Supervise children closely in such areas. At upper elevations, trails should be followed carefully, noting directions given by trail signs and markers.

SNOW AND ICE

Snowfields and glaciers present serious hazards. Snowbridges may conceal deep crevasses on glaciers or large hidden cavities under snowfields, and collapse under the weight of an unsuspecting hiker. Don't slide on snowbanks. People often lose control and slide into rocks or trees. Exercise caution around any snowfield.

TICKS

Ticks are most active in spring and early summer. Most bites don’t result in illness, but several serious diseases, like Rocky Mountain Spotted Fever, can be transmitted. Completely remove attached tick and disinfect the site. If rashes or lesions form around the bite, or if unexplained symptoms occur, consult a physician.



Waterfalls and wildflowers



photo by Deirdre Shaw

Camping & Bears

Odors attract bears. Our campgrounds and developed areas can remain “unattractive” to bears if each visitor manages food and trash properly. Regulations require that all edibles (including pet food), food containers (empty or not) , and cookware (clean or not) be stored in a hard-sided vehicle or food locker when not in use, day or night.

- Keep a clean camp! Improperly stored or unattended food may result in confiscation of items and/or issuance of a Violation Notice.
- Inspect campsites for bear sign and for careless campers nearby. Please notify a park ranger of any potential problems that you may notice.
- Place all trash in bearproof containers.
- Pets, especially dogs, must be kept under physical restraint.
- Report all bear sightings to the nearest ranger or warden immediately.

Roadside Bears

It's exciting to see bears up close, but we must act responsibly to keep them wild and alive. If you see a bear from your car, stay inside. Leaving your vehicle endangers your safety and the bear's, and exposes you to traffic hazards. If traffic is heavy, keep your eyes on the road and don't stop. Accept the fact that, while your passengers may get a quick look, you may not. If traffic is light, slow down and pull over when it is safe to do so. Don't stop

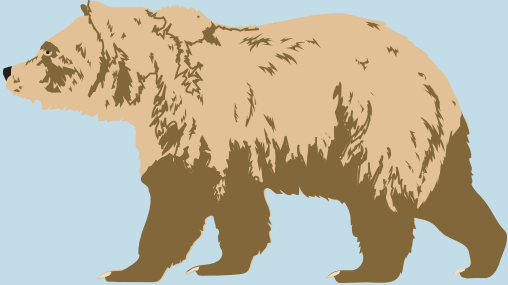

in the middle of the road, or on a hill or curve where other drivers may not see you in time to avoid a collision.

Exercising some common sense during the excitement of sighting a bear is important to you, the bear, and other visitors.

Mountain Lions

Take precautions to avoid an accidental encounter with a lion. Don’t hike alone. Make noise to avoid surprising a lion and keep children close to you at all times. If you do encounter a lion, do not run. Unlike with bears, if attack seems imminent, act aggressively. Do not crouch and do not turn away. Lions may be scared away by being struck with rocks or sticks, or by being kicked or hit. Lions are primarily nocturnal, but they have attacked in broad daylight. They rarely prey on humans, but such behavior occasionally does occur. Children and small adults are particularly vulnerable.

What Kind of Bear is That?

Grizzly Bear Color	Range from blond to nearly black, sometimes have silver-tipped guard hairs that give them a “grizzled” appearance.
Physical Features	Grizzly bears often have a dished-in face and a large hump of heavy muscle above the shoulders. Their claws are around four inches (10 cm) long.
	
Black Bear Color	Color is not a reliable indicator of species. Contrary to their name, black bears also come in brown, cinnamon, and blond.
Physical Features	Facial profile is straighter from tip of nose to ears, without the dished-in look. Lack the hump of a grizzly and have shorter claws, generally around one and a half inches (4 cm) long.
	
A fed bear is a dead bear! Bears that obtain human food may have to be destroyed. Don't leave any food, packs, or garbage unattended, even for a few minutes.	

Park Partners



Discovering in the forest

The Glacier Institute

The Glacier Institute serves as an educational leader in the Crown of the Continent Ecosystem, of which Glacier National Park is the heart. With something for all age groups, The Glacier Institute provides programs to learn about and enjoy the natural world through hands-on experience. Course activities consist of field classes, expeditions and outdoor-based opportunities that emphasize the interrelated nature of life.

Summer field courses can be as diverse as grizzly bear ecology, alpine and prairie flower identification, learning to capture Glacier National Park through photography or water color painting, or learning the culture of the Blackfeet Indians.

For a 2003 Summer Catalog or for information, please contact:
The Glacier Institute
P.O. Box 7457, Kalispell, MT 59904
www.glacierinstitute.org
(406) 755-1211
email: glacinst@centurytel.net

Glacier National Park Associates

The Glacier National Park Associates is an all-volunteer, non-profit organization that assists with trail work, historic log structure preservation, and other projects that the park does not have adequate funding to complete. Volunteers complete at least one major project yearly, involving several days in the backcountry.

The Associates manage the Backcountry Preservation Fund. This fund supports a backcountry ranger intern who works for 12 weeks in the park's backcountry.

The Associates also manage a backcountry preservation fund. Contributions from backcountry users are used to purchase supplies and materials ranging from bear-proof boxes to computer equipment. Donations and members are welcome.
Glacier National Park Associates
Box 91, Kalispell, MT 59903
www.nps.gov/glac/partners/gnpa.htm
406 387-4299

Glacier Natural History Association

Bookstores in Glacier National Park visitor centers are operated by the Glacier Natural History Association (GNHA). This non-profit organization works with the National Park Service to assist Glacier's educational and interpretive activities, cultural programs, and special projects related to visitor services. A percentage of proceeds from book sales are donated to the park each year.

GNHA has bookstores in eight locations: Apgar, Logan Pass, and St. Mary visitor centers, and Polebridge, Two Medicine, Many Glacier and Goat Haunt ranger stations, and the Apgar Backcountry Permit Center.

GNHA members receive a 15% discount on items purchased at any of their stores, through their mail order business, and at many other national park visitor centers. Catalogs and membership information are available at sales locations and by contacting:
Glacier Natural History Association
Box 310, West Glacier MT 59936
www.glacierassociation.org
406 888-5756



Hidden Lake Overlook near Logan Pass

Trip Planning Aids

A number of publications available through the Glacier Natural History Association will help you in planning your trip. The following selections are just a few of the many publications available. Contact GNHA to order these or other publications or maps.

Glacier, The Story Behind the Scenery

Kathleen Ahlenslager
Dazzling photography and a fact-filled text make this a favorite with visitors to Glacier. Covers a broad spectrum of topics including geology, diverse flora and wildlife, and a history of man in Glacier. Companion volume to *Glacier, the Continuing Story*.
48 pages - \$7.95

Glacier, The Continuing Story

Cindy Nielsen
A glorious full-color photographic tour of Glacier National Park. Showcases Glacier's spectacular scenery and its abundant wildflowers and wildlife. The interpretive text offers just enough information to satisfy a newcomer's curiosity. **48 pages - \$7.95**



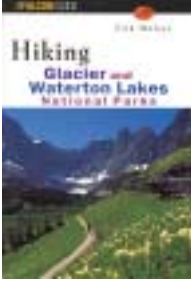
Hiker's Guide to Glacier National Park

Glacier Natural History Association
This guide profiles 25 of Glacier National Park's best hikes that are guaranteed to lure you into the backcountry. Includes natural history tidbits and trail maps. Ranging from easy to strenuous, this handy book has something for everyone.
110 pages - \$10.95



Hiking Glacier and Waterton Lakes National Parks

Erik Molvar
Detailing more than 50 backcountry outings ranging from 2 miles to 38 miles; this guide gives mile-by-mile descriptions, maps, photographs, and trail profile graphs. Ranging from easy to strenuous, this handy book has something for everyone.
215 pages - \$14.95



Trails Illustrated Topo Map of Glacier and Waterton Lakes National Parks

National Geographic
This topographic map features wildlife descriptions along with general backcountry information on both parks. Approximate scale 1: 143,000. Two detail maps focus on the Many Glacier and Two Medicine areas. Approximate scale 1:84,000. Waterproof and tearproof. 26' x 33' **\$9.95**

Road Guide, Glacier and Waterton Lakes National Parks

Thomas Schmidt
This compact book navigates motorists anywhere they can drive in Glacier and Waterton Lakes National Parks. Names the mountain peaks you'll drive past and mentions the wildlife that may cross your path. Contains easy-to-read maps and wonderful historic photographs. **96 pages - \$5.95**

The Glacier Fund

The Glacier Fund is an affiliate of the National Park Foundation, the official nonprofit partner of the National Park Service. Donations support various projects that benefit environmental education, historic building restoration, wildlife research, endowing the historic fleet of red buses and backcountry trails and facilities.

The Glacier Fund supports the outstanding natural beauty and cultural heritage of Glacier National Park for the use and enjoyment of present and future generations by fostering public awareness and encouraging private philanthropy. For more information contact:

The Glacier Fund
P.O. Box 14, Glacier National Park
West Glacier, MT 59936
www.nps.gov/glac/partners/glacfund.htm
www.glacierfund.org
406 888-7910



Mule Deer

Information on Areas Surrounding the Park

National Parks

Big Hole National Battlefield

406 689-3155

Bighorn Canyon Natl. Recreation Area

406 666-2412

Fort Union Trading Post Natl. Historic Site

406 572-9083

Grant-Kohrs Ranch National Historic Site

406 846-3388

Little Bighorn Battlefield Natl. Monument

406 638-2621

Nez Perce National Historical Park

208 843-2261

Yellowstone National Park

406 344-7381

National Forests

Flathead National Forest

406 758-5204

Kootenai National Forest

406 293-6211

Lewis & Clark National Forest

406 791-7700

Travel Montana

For a complete listing of accommodations and services throughout the State of Montana, visit Travel Montana's website.
www.visitmt.com
800 847-4868

Blackfeet Indian Reservation

Immediately east of Glacier National Park lies the home of the Blackfeet Nation. Visit their official website.
www.blackfeetnation.com

Montana Chambers of Commerce

Glacier-Waterton Visitors Association

P.O. Box 96, West Glacier, MT 59936

Flathead Convention & Visitor Association

www.fcvb.org

800 543-3105

Bigfork, MT

www.bigfork.org

406-837-5888

Columbia Falls, MT

www.columbiafallschamber.com

406-892-2072

Cut Bank, MT

406-873-4041

Kalispell, MT

www.kalispellchamber.com

406-758-2800

Whitefish, MT

whitefishchamber.com

406-862-3501

Alberta Information

Travel Alberta

For a listing of accommodations and services throughout the Province of Alberta, visit Travel Alberta's website.
www.explorealberta.com
800-661-8888

Alberta Chambers of Commerce

Calgary, Alberta

www.calgarychamber.com

403-750-0400

Lethbridge, Alberta

www.lethchamber.org/activiti.htm

Waterton Park, Alberta

www.watertonchamber.com

403-859-2252

Scenic Drives and Attractions

THE ENTRANCE ROAD
These 8 kilometres (5 miles) provide magnificent views that beautifully illustrate the park's theme, "where the mountains meet the prairie."

Colourful prairie flowers and grasses, and the glittering blue chain of the Waterton Lakes are set against a mountain backdrop. The sight of the historic Prince of Wales Hotel, on a knoll above the lakes, indicates you will soon arrive at our lakeside townsite.

THE AKAMINA HIGHWAY
This route begins near the townsite and runs for 16km (10 miles) along the Cameron Valley. Points of interest include the site of western Canada's first producing oil well, the Oil City site, and scenic Cameron Lake.

THE RED ROCK PARKWAY
Red Rock Parkway meanders over rolling prairie and through the Blakiston Valley. It ends at the strikingly coloured rocks and cascades of Red Rock Canyon, a distance of 15km (9 miles). The drive features views of magnificent mountains, including Mt. Blakiston, the park's highest peak.

THE CHIEF MOUNTAIN HIGHWAY
The Chief Mountain Highway is the primary route between Waterton Lakes and Glacier National Parks. The highway climbs from the grasslands near Maskinonge Lake to a viewpoint giving a magnificent vista of the Front Range of the Rockies and Waterton Valley. Enroute to the border crossing, the road traverses fields and forests, dotted with wetlands created by Crooked Creek.



Arrowleaf Balsamroot



Entering Waterton Lakes National Park

CAMERON FALLS
Located in the townsite, this picturesque waterfall is created as Cameron Creek falls into Waterton Valley.

THE BISON Paddock
The Bison Paddock, near the north entrance to the park off Highway 6, features a small herd of plains bison, maintained to commemorate the larger herds that once roamed freely in this area. The bison can be seen while driving a narrow road through the paddock. Please do not leave your vehicles. The road is not suitable for vehicles with trailers.

THE MASKINONGE LAKE
The park's diversity of habitats are home to a great variety of birds; over 250 species have been identified in Waterton. The Maskinonge area, located near the Park Entrance, is particularly rich in bird life.

WILDLIFE AND WILDFLOWERS
Bears, deer, elk, and bighorn sheep can be seen throughout the park, particularly in prairie areas. Sheep and deer frequent the townsite. Fall is probably the best time for wildlife watching. The larger animals come down from their summer ranges and waterfowl are on their migratory routes through the park.

Wildflowers can be seen in the park at almost any season except winter. In spring and early summer, prairie wildflower displays are particularly rich. In late summer and early fall, wildflowers are blooming at the higher elevations.

Camping and Hiking

AUTO CAMPING
Waterton's three campgrounds provide almost 400 campsites.

- The Townsite Campground has 238 sites, including 95 fully-serviced. Fees vary depending on the service provided. Fires permitted in picnic shelter stoves.
- The Crandell Campground has 129 semi-serviced sites, and is located just off the Red Rock Parkway.
- Belly River Campground, located on the Chief Mountain Highway, has 24 unserviced sites. Reservations can be made in advance for the group sites at Belly River. Call (403) 859-2224 for information.

BACKCOUNTRY CAMPING
An overnight wilderness pass is mandatory, and available from the Visitor Reception Centre. A per person fee is charged for those over 18. Passes are issued up to 24 hours in advance on a first-come, first-served basis. Some wilderness sites will be available through advance reservations, according to established guidelines. Call (403) 859-5133. A quota system for wilderness campground use and group size is applied to control use, minimize impact on the land, and maximize your wilderness experience. Waterton's 9 designated wilderness campgrounds offer dry toilets and surface water supply. Some have shelters and horse facilities.

HIKING THE TRAILS
There are 200km (120 miles) of trails in Waterton Lakes National Park. They range in difficulty from a short stroll to steep treks of several days duration. Trails are provided for a variety of users, including hikers, horse riders, and bicyclists. Watch for information signs at the trail head for the type of use permitted. Trails in Waterton also lead to extensive trail systems in Montana's Glacier National Park and in British Columbia's Akamina-Kishenina Provincial Park.



Carthew-Alderson Trail



Bighorn Sheep

Park Regulations

- Leave rocks, fossils, horns, antlers, wildflowers, nests, and other natural and historic objects undisturbed so that others may discover and enjoy them. Removal of such objects is subject to fines.
- It is unlawful to feed, entice, or touch park wildlife.
 - Pets must remain on a leash at all times while in the park. Pets, on a leash, are allowed on trails in Waterton Lakes National Park.
 - Camping is permitted only in designated areas, as marked by signs.
 - Motorcyclists must wear a helmet.
 - Collection of dead or downed wood is not allowed.
 - A national park fishing permit is required in Canada's National Parks.

Waterton Lakes National Park Services and Activities

Lodging
The Aspen Village Inn 1-(888) 859-8669
• Bayshore Inn & Convention Centre (403) 859-2211 • Crandell Mountain Lodge (403) 859-2288 • El Cortez Motel (403) 859-2366 • Kilmorey Lodge 1-(888) 859-8669 • Northland Lodge (403) 859-2353, off-season (403) 653-4275 • Prince of Wales Hotel - in Canada phone (403) 236-3400; in U.S. (406) 892-2525 • Stanley Hotel (403) 859-2335 • Waterton Glacier Suites (403) 859-2004 • The Waterton Lakes Lodge (403) 859-2151 or 1-(888) 985-6343

Private Campgrounds
Crooked Creek Campground (403) 653-1100
• Great Canadian Barn Dance (403) 626-3407
• Payne Lake Campground • Waterton Riverside Campground (403) 653-2888 • Waterton Springs Campground (403) 859-2247

Other Services Include:
• Clothing and gift shops, bookstores, movie rentals, liquor stores • a variety of cafes, restaurants, lounges and dining rooms • sporting supplies and hardware • two service stations • boat tours, bike and boat rentals • hiking tours, a horse riding facility • four churches • cash machines • art galleries • a movie theatre, health and recreation centre, 18-hole golf course, tennis court, ball diamond and playgrounds.

For Additional Information
Contact Park Headquarters at:
Waterton Lakes National Park
Box 50
Waterton Park, Alberta T0K 2M0
Phone 403-859-2224

or visit Waterton Lakes National Park on the internet at: www.parksCanada.gc.ca/waterton

